Many factors can influence mental well being

The muscles in your body tense up when stressed. This can result in an uncomfortable feeling such as backache, tight chest, headaches and even tiredness.

Relaxing slows down the body and helps to reduce muscular tension.

Spending a few minutes everyday relaxing can reduce stress and improve both mental and physical health.

To help you relax...

- Don’t rush - plan your day and avoid taking work home
- Spend some time each day to do the things you enjoy
- Take up a hobby or an interest
- Exercise regularly - try walking, cycling or swimming
- Listen to music, read a book or magazine
- Soak in a bath to unwind
- Try alternative therapies such as aromatherapy or reflexology as they can be beneficial
- Try relaxation or deep breathing exercises. Self-help tapes should be available from your local library

Making time for yourself is important! Don’t feel guilty for having time out!

Working together to make South of Tyne and Wear healthy for you

This information can also be made available in another format or language on request.
If you require further copies of this leaflet please contact the Public Health Improvement Information Team
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